



# WARNER WEEKLY

News & Information at Your Fingertips

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## Resiliency training now available for spouses, civilians



File Photo

Capt. Brett Fuller, 54th Engineer Battalion, and his wife Michelle, attend a pre-deployment Battlemind class in October. Master Resiliency Training, which falls under Comprehensive Soldier Fitness, has goals similar to that of the Battlemind program.

By Mindy Campbell, USAG Bamberg Public Affairs

In the past few years, the Army has recognized the need to equip Soldiers with a new set of tools to make them stronger.

While physical training strengthens the body, the Master Resiliency Training program prepares the mind to deal with stress, family, job, personal issues and multiple deployments.

Soon Warner Barracks spouses and civilians will have a chance to receive some resilience training, said Vanessa Holland, a U.S. Army Garrison Bamberg Army Community Service Master Resiliency Trainer.

Resilience training consists of 28.5 hours of classroom instruction covering topics including problem solving and building strong relationships. ACS will begin offering the classes sometime in January.

"We will look at the needs of the community and build a schedule around what works best for the most people," Holland said.

The training falls under the Comprehensive Soldier Fitness, which is a prevention and education program that emphasizes the development of the physical, social, emotional, spiritual and family dimensions of strength. Established in 2008, the program was implemented to increase the resilience and enhance the performance of Soldiers, family members and civilians.

With nine years of constant deployment, it is not just the Soldiers who [\*\(RESILIENCY continued on page 12\)\*](#)

## Bamberg federal donations exceed expectations for 2010

By Ashley Bateman,  
USAG Bamberg Public Affairs

Warner Barracks community members went above and beyond this year's Combined Federal Campaign goal for the installation, surpassing the \$75,000 goal by more than \$20,000.

Running Oct. 4 – Dec. 15, the CFC-Overseas program is an authorized solicitation program aimed at federal employees. Donors choose from a variety of charities approved especially for federal donations.

Through installation coordinators, pledge cards and online payments, community members showed an overwhelming support for their charities of choice, in spite of hard



economic times back home.

"Americans are giving by nature and even though our nation is having hard times, Soldiers still give what they can," said Patrick Collins, Community Area Project Officer for Warner Barracks. "The average contribution

was \$71.40. I can say that this garrison did make a difference."

Thousands of charity options may contribute to the widespread support of Soldiers and Families. Some of the many organizations listed to benefit from the CFC include the Alzheimer's and Aging Research Center, the Children's Cancer Assistance Fund, the Breast Cancer Coalition and the Blind Federation of America.

"With over 2,000 charities to choose from, it gives the contributor a wide variety to choose which charities are near and dear to their hearts," Collins said.

By the end of November, Warner Barracks

[\*\(CFC continued on page 8\)\*](#)

**Have a safe and happy holiday season!**  
**Look for the next issue of the "Warner Weekly" Jan. 6**

# Bamberg quartermaster company deploys to Afghanistan

By Spc. Kevin Alex,  
16th Sust. Bde. Public Affairs

The casing of the guidon is a time-honored tradition that signifies a unit leaving one duty post and embarking on another mission elsewhere.

The 240th Quartermaster Supply Company, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, did just that during a ceremony in Bamberg Dec. 3 before deploying to Afghanistan Dec. 6.

While waiting for their plane out of Germany, thoughts of Family and the months ahead were on the Soldiers' minds.

Spc. Christopher Brown, an automated logistical specialist with the 240th QMSC, said he already is thinking about his Family.

"I already miss them," Brown said. "My son made me cry this morning. When we were getting on the bus to come here, he asked me 'Dad, you want to come home and play

video games with me for a little bit?' That was the worst thing."

Though starting to miss home, the Soldiers were prepared for the mission ahead.

"You see all these documentaries and hear what can happen when you get complacent and it...makes you really pay attention," Spc. Giovanni Castillo, a wheeled vehicle mechanic with the 240th QMSC. "I know I've got my battle buddies with me...I know that our (noncommissioned officers) have our backs. As long as you know you have strong leaders, that's all you really need."

The junior enlisted Soldiers were not the only ones who wanted to express their thoughts about the deployment. The unit's leadership also expressed their thoughts about the Soldiers' deployment.

"I am very proud of each and every one of the Soldiers for what they stand for and, most of all, for their service to our nation," said Lt. Col. C. Scott Luekenga, the 391st

CSSB commander. "I have the utmost confidence in the leadership, from the squad leaders to the company command team.

Company commander Capt. Cheryl Foston commented on the Soldiers' preparedness.

"The first sergeant and I, along with the senior leadership, have prepared the 240th... for every task at hand," Foston said. "I'm extremely proud of them for their hard work and efforts over the last six months. It has been hard and challenging along the way, and I'm just proud of them all for helping the first sergeant and myself out to get the task accomplished."

The leadership ensured that they were committed to taking care of the Soldiers and Families during the deployment.

"We honor you and wish you the very best," Luekenga said. "The long hours you have spent in Hohenfels and Grafenwöhr will keep you safe and able to accomplish your mission throughout the toughest of times."

## Bamberg Soldier reenlists at Gen. Petraeus' office in Afghanistan

Staff Sgt. Brian J. Pehrson shakes the hand of Gen. David Petraeus, the commanding general of the International Security Assistance Force and U.S. Forces Afghanistan, after Pehrson reenlisted recently at Petraeus' office in Kabul, Afghanistan.

Pehrson, who is assigned to the 18th Military Police Brigade, is stationed in Bamberg with his wife Dana and 4-year-old son Jaydann. He is currently deployed and serves on the general's personal security team in Afghanistan.

Pehrson received a \$5,300 reenlistment bonus.

He said the Army is something he loves, and he wants to continue to be a part of the Army and the 18th MP Bde.



**Lt. Col. Steven L. Morris**

U.S. Army Garrison  
Bamberg, Commander

USAG Bamberg, Public Affairs Officer  
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# People Encouraging People celebrates class reunion

By Szilvia Ascencio-Csapó, Family & MWR Marketing Volunteer

The challenges of moving to an overseas Army post can negatively impact the life of family members and create stress and reluctant attitudes. Lack of language skills, deficient knowledge about the host nation country and separation confront military spouses with obstacles difficult to overcome.

Bamberg's Army Community Service offers a free program to overcome these factors called People Encouraging People.

"PEP is a welcome program, which gives individuals points of contact, resources, an immediate support system and the life skills necessary for being a military spouse in a foreign country," said Kimberly Millner, PEP coordinator at the Bamberg ACS.

PEP was developed in 1993 by Holly Scherer and Heather Reekie to improve the quality of life for military Families stationed in Bamberg. The focus of the program is spouses. The friendly and relaxed atmosphere gives spouses encouragement to ask questions, learn from each other and connect with one another.

"I recommend PEP to all spouses, new to the Army or not, because you learn for the entire family," said Renee Slater, a program participant.

The program provides information about on- and off-post organizations, TRICARE, patient liaisons, environmental practices, housing zone coordinators and employment opportunities. German spouses are encouraged to register for classes as well as contribute to the learning of German customs, culture and language. During the week-long program, the participants meet guest speakers of approximately 30 agencies and offices, including the garrison commander, who welcomes the spouses to Warner Barracks. A vital part is the field training. Spouses practice riding the train and buses and learn about travelling in Germany and Europe.

The program's agenda includes tours of the garrison, the local hospital, a number of stores and the city of Bamberg, which is a United Nations Educational, Scientific and Cultural World Heritage city. A train trip to Erlangen is the highlight of every PEP week. At the end of the year, all groups reunite for a trip to the Christmas market in Nuremberg.

In 2010, Millner gave 107 participants encouragement and more self-esteem for living overseas.

"After completing the program, participants have reported feeling



File Photo

Community members visited Bamberg's hospital during a People Encouraging People class last summer, as shown above. All PEP participants were invited to the recent reunion.

less stressed, more confident, and have brighter more positive attitudes about being in Germany," Millner said.

Spouses take home not only a notebook full of German phrases, traffic signs, conversion tables to refer to when needed, but also friends, connections and knowledge to successfully meet future challenges and prevent possible crises.

"I thought it (was) fun and informative," Slater said. "I feel more comfortable being in Germany. With the trip to the Klinikum I feel more prepared."

Child care, which is available upon request, makes it possible for mothers to participate as well.

"Bamberg is a wonderful place to be stationed," Millner said. "It is up to you to make this tour a fun one."

Millner has planned eight PEP classes for 2011. The first class is Jan. 7-11 and the second will be in March.

For more information and dates on PEP classes, call 0951-300-7777. Registration is free, but limited slots are available for the PEP class, so sign up today.

## Bamberg Elementary School celebrates season with holiday concert



Mary Denty

Children at Bamberg Elementary School took part in a holiday concert the evening of Dec. 16 in the school's multi-purpose room. The entire community was invited to attend and many did in spite of wintry weather. Songs were performed by members of the school's music club and chorus to an audience of parents, faculty and fellow students— many of whom were decked out in holiday apparel.

The school's cooking club provided festive snacks during the concert, to enhance the holiday experience.

On Dec. 17, students took part in a school-wide assembly in the morning.

Various classes performed holiday songs. The chorus revisited the previous night's concert for all who couldn't attend by singing some of the event's numbers. The entire school joined in on two songs, "Frosty the Snowman" and "The Jitterbug."

In spite of the cold, students, pictured left, were entertained in the last series of school-wide events before the new year.

# One university's loss is the Army's unquestioned gain

By Jennifer Walsh Cary, BMEDDAC Public Affairs

Two years ago, Dr. John Dieter's wife looked him in the eye and told him it was time to get a real job.

"I was at Emory University and I was fairly content," Dieter said. "But I worked long hours and the pay wasn't very good. Once my wife and I had our baby, we decided it was time for me to consider more gainful employment."

It didn't take long for the military to woo the neuropsychologist and before he knew it, Dieter and his family were on their way to Germany where he would work at the Vilseck Behavioral Health Clinic.

Dieter was hired to work with adult mild Traumatic Brain Injury cases, but his scope quickly broadened to meet another need in the community.

"I knew nothing about life on an Army post," Dieter said. "But when I realized there were kids here, I said let's create a pediatric service. All of my research at the university was on early brain development and children and pediatric neuropsychology has always been my primary clinical focus."

His services have been offered for the past year and extend well beyond Germany to other European-based military communities. He's in high demand, but what exactly does a pediatric neuropsychologist do?

"Neuropsychology is the study of brain function through the examination of behavior," Dieter said. "Often I'm referred very difficult cases because other clinicians or schools need greater clarification regarding the diagnosis and treatment. I examine the whole child and assess their intellectual, cognitive and emotional functioning. Then I provide a global perspective of the child."

Dieter often finds that the child is suffering from a complex problem such as severe autism, extreme developmental delays or lack of language development. His assessment is very comprehensive and



Jennifer Walsh Cary

*Dr. John Dieter, a neuropsychologist at the Vilseck Behavioral Health Clinic, worked at Emory University before taking a position with the Army two years ago. Originally hired to work with adult mild Traumatic Brain Injury cases, Dieter's background as a pediatric neuropsychologist led him to develop a pediatric service on the installation.*

he averages 25 hours on each case, with at least six to eight hours spent directly with the child.

"I'm somewhat unique in that I do all of the testing with the child myself," Dieter said. "It's important because it allows me to spend many hours directly observing the child - how he does things and how he relates to me and his parents."

After spending time with a child, Dieter produces a full report and discusses the findings with the parents. This is followed by discussions with the schools and an intervention plan to help the child  
([HEALTH](#) continued on page 9)

## Scholarships for Military Children Program open for submissions

By Tammy L. Reed, DeCA marketing, mass communication specialist

FORT LEE, Va. – As Families and friends come together to celebrate their favorite winter holidays, it's also time for parents to remind students to apply for the 2011 Scholarships for Military Children program.

Scholarship applications are available in commissaries worldwide and online at <http://www.commissaries.com>. To apply, applicants should choose the "News & Info" tab and then the "Scholarship Info" tab on the website. Applications are also available at <http://www.militaryscholar.org>.

Since the program was announced in 2000, it has awarded \$8.3 million in scholarships to more than 5,400 children of service members.

"The Scholarships for Military Children program was created to recognize the contribu-

***"The Scholarships for Military Children program was created to recognize the contributions of military Families to the readiness of the fighting force."***

- Thomas E. Milks,  
Defense Commissary Agency's  
Acting Director and Chief Executive Officer

tions of military families to the readiness of the fighting force," said the Defense Commissary Agency's Acting Director and Chief Executive Officer Thomas E. Milks. "It also celebrates our role in the military community, as the scholarships are awarded annually through each commissary operated by DeCA."

Only dependent, unmarried children of active-duty service members, reservists,

guardsmen, retirees, or survivors of service members who died on active duty or while receiving military retired pay, may apply for a scholarship. Applicants must also be younger than 21, or 23 if enrolled as a full-time student at a college or university.

Eligibility is determined using the Defense Enrollment Eligibility Reporting System database.

Applicants should ensure they, as well as their sponsor, are enrolled in the DEERS database and have a current military ID card.

An applicant must be planning to attend, or already be attending, an accredited college or university, full time in the fall of 2011 or be enrolled in a program of studies designed to transfer directly into a four-year program.

([SCHOLARSHIPS](#) continued on page 12)



## Community Announcements

Please send all announcements to Bamberg Public Affairs via the following website:

<http://www.bamberg.army.mil/mobi/form.asp>.

### AFN Super Bowl Commercial Competition

Potential producers, actors and directors can catch a break by competing in Armed Forces Network Europe's Super Bowl commercial competition. Submit a 14- or 29-second commercial to AFN by Jan. 10. If it meets submission criteria, it will air during the Super Bowl and pre-game show in February. Find *YouDolt* details and an entry release form at [afneurope.net](http://afneurope.net).

### Blood Drive

The American Red Cross will have a blood drive conducted by the American Armed Forces Blood Program on Jan. 18 from 9 a.m. - 5:45 p.m. at the Basics Building. To make an appointment, visit [www.militarydonor.com](http://www.militarydonor.com) and click on Donate Blood, then click on Landstuhl, Germany, and follow the instructions. Walk-ins are welcome. Participants must be at least 17 years old to donate. For more information, call 0951-300-1760.

### Volunteers, Issues Needed for AFAP

U.S. Army Garrison Bamberg officials are seeking volunteers and soliciting input from community members for the 2011 Army Family Action Plan conference Feb. 22-24 at the Warner Conference Center. AFAP is a grass-roots effort that allows community members to identify and elevate quality-of-life issues to senior Army leadership. Issues addressed at AFAP conference can be either local issues or Army-wide policy changes. Army-wide policy changes, such as the ability to transfer Montgomery G.I. Bill benefits to a spouse or family member, were results of AFAP conferences. Child care is provided for conference volunteers. AFAP issues can be submitted several different ways including through the ICE link at [www.bamberg.army.mil](http://www.bamberg.army.mil) and when prompted, clicking the policy or regulation change description, by clicking on the following link <http://www.emailmeform.com/builder/form/cvdd8liqHX1> and filling out the form or stopping by ACS. For more information, contact Vanessa Holland at 0951-300-7777 or 0951-300-7594.

## Weekly Reminders

### Scrapbooking Events

Join fellow scrapbook fans for several winter events the first Friday of every month at the Community Activity Center's classroom from 5 - 10 p.m. On Jan. 8, learn techniques to organize your work space and have a chance to win a rolling scrapbook tote. Cost for each event is \$10 and includes dinner, hourly door prizes and a free instructional class. Supervised childcare is available at the CAC child play room at a cost of \$2 an hour per child. Reservations for childcare must be made in advance as space is limited. For more information about the events, contact Wendy Sledd at 0951-300-7308 or [wendy.sledd@us.army.mil](mailto:wendy.sledd@us.army.mil).

### AAFES Presidential Trip

The Army and Air Force Exchange Service and Sandberg and Sikorski Jewelry are partnering to provide \$10,000 worth of patriotism to one lucky Exchange shopper. Now through Dec. 24, the Exchange is accepting entries for the opportunity to win a five-day, four-night trip to the nation's capitol. The drawing will take place Jan. 28, 2011. All authorized shoppers, age 18 and older, may enter at their nearest Army or Air Force Exchange <http://odin.aafes.com/bases/index.asp>.

### MWR Guide

Bamberg's Family and Morale, Welfare and Recreation Guide for the month of December and

# AUDITIONS

FOR THE STABLE THEATER'S SPRING MUSICAL

# CHICAGO

THE MUSICAL

**Wednesday, Jan. 12 &  
Thursday, Jan. 13**

Prepare a short song for the audition and wear clothes comfortable for dancing. For more information, call or visit the Stable Theater on Facebook.




The Stable Theater  
Bldg. 7119, USAG Bamberg  
469-8647/0951-300-8647

January is now online at <http://issuu.com/bambergmwr/docs/brochure122010012011r>.

### Sweet Dreams Project

As part of U.S. Army Garrison Bamberg's Child Youth and School Services Deployment Support Initiative, community members can send pictures to the School Age Center in a jpg. format with the location of the recipient and contact information to be made into a pillowcase. The project is for deployed Soldiers or those away from home for training and family members back home. Send e-mail to [michelle.mcclelland@eur.army.mil](mailto:michelle.mcclelland@eur.army.mil). For more information, call 0951-300-8698.

### Library Events

The library hosts weekly events. Every Thursday at 11:30 a.m. is storytelling. This is available for children ages 3-5 years old. There's also a Gamers' Challenge that meet every Saturday at 5 p.m.

### Instructor's Course

People interested in becoming a Health and Safety Instructor for the American Red Cross should call 0951-300-1760 or e-mail [Red-Cross.Bamberg@eur.army.mil](mailto:Red-Cross.Bamberg@eur.army.mil).

### Social Media

For the most current events happening at Bamberg Elementary School, please visit [BambergElementarySchoolPTA](http://BambergElementarySchoolPTA) on Facebook.

### Army Suggestion Program

The Army Suggestion Program encourages Soldiers, civilians and any concerned individual to submit ideas regarding how the Army can increase efficiency and cut costs. Approved suggestions are assessed on how much they save the Army and can earn individuals thousands of dollars. For more information, or to submit an idea, Army Knowledge Online registered users can visit the ASP website at <http://asp.hqda.pentagon.mil/public/>. Those unable to access AKO can submit a DA Form 1045 to their installation coordinator. The U.S. Army Garrison Bamberg coordinator Norbert Roth can be contacted at 0951-300-8001 or [norbert.e.roth@us.army.mil](mailto:norbert.e.roth@us.army.mil).

### Bamberg Community Classes

The Bamberg Community Recreation and Learning Center or Volkshochschule (VHS) is offering a variety of classes this winter. Sign up via their website [www.vhs-bamberg.de](http://www.vhs-bamberg.de), or at their office at Tränkgasse 4, 96052 Bamberg. Payment must

be in cash or via German bank withdrawal. The following is a small selection of classes:

- (5225) Baking— Faschingskrapfen—Helau! (traditional donut); Jan. 29, 2011; 10 a.m. - 2 p.m.; one session, €12.80 plus €10 for ingredients.
- (5233) German Layer Cakes (Beginners-bring round baking dish, icing bag)- Jan. 21-22, 2011, 5-9:30 p.m. and 10 a.m. - 1p.m.; 2 sessions; €23.13 plus €10 for ingredients.

For more classes and information on locations of classes as well as information on refunds contact the VHS directly at 0951-871-108, at their office or visit [www.vhs-bamberg.de](http://www.vhs-bamberg.de).

### Get EFMP Registered

Is your Soldier coming back from downrange? If your Soldier is receiving orders to another location, it is not too early to start your Exceptional Family Member Program paperwork. Family members can start the paperwork now. Your local Army Community Services EFMP manager can assist in determining what you need to do. Remember, if you have someone registered in EFMP, the registration has to be updated every three years or when the condition changes. For more information about EFMP or about registration, contact Bonnie Kellem, EFMP manger at 0951-300-7777.

### AWANA

Come join AWANA, the weekly children's Bible Club on Sundays from 4-5:30 p.m. at the high school gym. This free club is for 4-year-olds - 6th grade students. The club runs from September-May. For more information, call the Bamberg Chapel at 0951-300-1570.

### Postal Service

U.S. Army Garrison Bamberg has updated its Postal Service Center webpage to include instructions and links to the U.S. Postal Service for filing online postal claims and a new Temporary Mailing Instructions form that customers may use to submit holding or forwarding instructions for their mail online. For more information visit <http://www.bamberg.army.mil/directorates/dhr/psc.asp>.

### Utility Tax Relief Services

Tax Relief Office now offers a new service for U.S. Army Garrison Bamberg customers. With the implementation of the Utility Avoidance Program customers can sign up locally and save 19 percent tax on their electricity, gas and water bills if these utilities are provided by Bamberg Stadtwerke. Other energy and utility providers can also be used, but customers will have to register through the USAG Schweinfurt UTAP. For more information, call the Bamberg tax relief office at 0951-300-1780 or the Schweinfurt tax relief office at 09721-96-1780.

### DES/Vehicle Registration Office

Bamberg license plates are available for motorcycles and trailers. Everyone that is due for renewal and still has the old U.S. Army Europe plates has to change to the new Bamberg plates. To renew plates, customers must bring a new insurance card (not older than 120 days). For more information about vehicle registration, call 0951-300-7580.

### German Classes

Army Community Service, Relocation Readiness Program, offers free German classes every month. Beginner classes are scheduled Tuesdays from 10 a.m. to noon and Wednesday from 6-8 p.m. Intermediate classes are Tuesdays, noon to 2 p.m. and Wednesdays, 2-4 p.m. Advanced classes are Tuesdays, 2-4 p.m. and Wednesdays, 4-6 p.m. Classes are held at the ACS building in classroom 118. For more information, call 0951-300-7777.

**Volunteers Needed at the Chapel**

U.S. Army Garrison Bamberg Community Chapel is looking for volunteers to fill the following volunteer positions: musician for the Protestant service, musician for the Catholic service, Catholic religious education coordinator, Protestant religious education coordinator and Catholic clergy. If interested in volunteering at the chapel, call 0951-300-8879.

**Lutheran Worship Service**

The U.S. Army Garrison Bamberg Community Chapel now sponsors a liturgical church service every first and third Sunday at 9 a.m. in the Bamberg Chapel Family Life Center. All Lutherans or other liturgically-minded people are welcome to attend. For more information about the service, call 0951-300-8141 or e-mail [david.jacob@eur.army.mil](mailto:david.jacob@eur.army.mil).

**Passport Office**

The Bamberg Passport Office has upgraded its website. You can now access all the informational handouts at <http://www.bamberg.army.mil/directorates/dhr/passport.asp>. For assistance in filling out the Passport Application, download the Application Wizards User's guide.

**Passport and Immigration Fees**

The rates for Consular Reports of Birth Abroad and Passports have increased. The new rates are the following:

Adult Passport Book Renewal: \$110

Adult Passport Book Initial: \$135

Child Passport Book: \$105

Consular Report of Birth Abroad (CRBA): \$100

Visa Pages: \$82

Additional Information on other consular rate increases is available at [www.bamberg.army.mil/directorates/dhr/passport.asp](http://www.bamberg.army.mil/directorates/dhr/passport.asp). Look for the rate increases link, which will be located near the top of the page. If you are the spouse of a deployed Soldier, you can still apply for your child's Consular Report of Birth. You can also apply for your child's passport with the proper paperwork. Failure to do either of these can result in you not leaving Germany on schedule. For more information, stop by the Passport Office located in Building 7290 between 8 a.m. and noon or call 0951-300-8928.

**Chapel Meeting**

The Bamberg Protestant Women of the Chapel has weekly meetings on Wednesdays from 9-11:30 a.m. at the Bamberg Chapel. Free childcare is provided. For more information, call 0951-300-1570.

**Clinic Hours**

The Bamberg Health Clinic hours of operation are as follows: Monday through Thursday sick call is from 7 - 8 a.m.; full service is available from 7:30 a.m. - 4:30 p.m. On Fridays, sick call is from 7 - 8 a.m. and full service from 7:30 a.m. - noon; closed on Friday afternoons for mandatory training, federal holidays and weekends. For more information or if you need to make an appointment, call 0951-300-1750. In case of a medical emergency, call the Bamberg Military Police at 0951-300-114. The TRICARE Nurse Advice Line, a toll-free number 0800-4759-2330, is available 24 hours a day, seven days a week to talk to a nurse about health care concerns, get self-care advice, schedule appointments or arrange a call with your military care provider.

**Community Activity Center Hours**

Bamberg's Community Activity Center operational hours are:

- Monday - Thursday: 8 a.m. - 8 p.m.
- Friday: 8 a.m. - 6 p.m.
- Saturdays: 11 a.m. - 6 p.m.
- Sundays: 11 a.m. - 6 p.m.
- Free Wi-Fi is available around the CAC (Building 7047).

**Pre-Separation Briefing**

Planning to move from Soldier to civilian? Take advantage of the transition services offered by the Army Career and Alumni Program, such as a Department of Labor two-and-a-half day job assistance workshop, resume preparation assistance and information about veterans' benefits. Make an appointment to attend the mandatory ACAP Pre-Separation Briefing; held weekly and about an hour long. Separating Soldiers can start the ACAP process one year before separating. Soldiers who will be retiring can start two years out from their projected retirement date. For more information, call 0951-300-8925.

**ACS Hours of Operation**

Army Community Service is open Monday through Friday from 7:30 a.m. - 4:30 p.m. The office is closed on federal holidays but open on training holidays. For more information, call 0951-300-7777.

**Family Readiness**

Classes for Family Readiness Group volunteer positions are every first and third Tuesday of the month from 10:30 - 11:30 a.m. in Building 7354. Learn the duties of an FRG. For more information, call 0951-300-7777.

**Sexual Assault**

Your Sexual Assault Response Coordinator is available 24 hours a day. Call 0951-300-8397 for your local office or 0162-510-2917 for the 24-hour hotline.

**Veterinary Facility**

The veterinary office's hours are Monday through Wednesday from 8 a.m.-4 p.m., closed Thursday and open Friday 8 a.m.-noon. No walk-in appointments are available. The clinic is closed on the last weekday of each month for inventory and on all American and training holidays. Over-the-counter products and prescriptions may be purchased during regular business hours. For more information about the clinic or to schedule an appointment, call 0951-300-7972.

**Family Strengths and Stresses**

Army Community Service, Family Advocacy Program is here to provide help and support by offering a New Parent Support Program, Newborn Network, Play Group, Parenting Classes, Communication Classes, Victim Advocacy and Stress and Anger Management Classes. For information, call 0951-300-7777.

- **Family Advocacy** - Need assistance in learning how to manage a life full of stress or ambivalence? Come every Thursday to Building 7487 from 1:30 - 3 p.m. for Anger/Stress Management Class.
- **New Parent** - Being a new parent can be a challenge. Join the New Parent Support Group every Friday from 10-11:30 a.m. in Building 7487.

**Customs Office**

The Bamberg Customs Office is located in Rooms 124 and 125 in Building 7011 across the street from the movie theater. Customer service hours are from 8 a.m. to noon and 12:30 - 3:30 p.m. Monday through Friday, and closed on German and American holidays. For more information, call 0951-300-7460 or 0951-300-9312. The fax number is 0951-300-8665. Office personnel can assist with importing items, selling items to non-ID card holders and help visiting family members get permission to drive USAREUR-plated car or have an ESSO card for rental vehicles by filling out a 175L form. Personnel can also help retirees and widows get permission to go shopping on post if they visit for more than 30 days or live in Germany.

**Service Office**

The U.S. Army Garrison Bamberg Retirement Services Officer/Casualty Manager is located in Building 7290, Room 208, next to Burger King. For more information, call 0951-300-7514.

**Sports, Health and Fitness****Unit Level Basketball Tournament**

A Best in Bavaria unit level invitational basketball tournament will be held Friday, Jan. 28-30, 2011. Both men's and coed teams are invited to participate in the tournament. There must be a minimum of six teams to participate with a maximum

**METAL****PLASTIC**

Learn more about recycling by visiting

<http://www.epa.gov/osw/conserve/rrr/index.htm>

**PAPER****GLASS**





**Winter Warm-Up Luau**

Put on your Hawaiian shirts and grass skirts to join in beating the cold! This family-friendly event will have crafts, activities and games for all ages.

Compete in the costume contest, take a photo with a Hawaiian cut-out and enjoy Hawaiian food and drink.

When: Jan. 29  
Time: 7-9:30 p.m.  
Where: Community Activity Center Building 7047

For more information, contact the Community Activity Center at 0951-300-8659



of 10 teams. T-shirts will be given to all players and team trophies and individual medals will be given for first through third place teams and players. Register for the tournament by Jan. 15, 2011. The cost is \$250 per team. For more information, call the Freedom Fitness Facility at 0951-300-8890.

#### Combatives Clinic and Tournament

The Installation Management Command Europe will host a combatives clinic and tournament Feb. 2-5 at the Freedom Fitness Facility. The clinic will be held Feb. 2-4, 2011, followed by the tournament on Feb. 5. Anyone interested in participating in the clinic should register by Jan. 20. The tournament is open to all active duty Soldiers. Register for the tournament by Jan. 25. For more information about the clinic and tournament, call the Freedom Fitness Facility at 0951-300-8890.

#### Krav Maga Self-Defense Class

The Freedom Fitness Facility is now offering Krav Maga Self-Defense and a women's self-defense classes. Classes will be held Fridays. The women's class will be held from 5:30-6:30 p.m. The Krav Maga class will be held from 7-8 p.m. Classes are \$10 per lesson or \$40 a month. For more information, stop by the FFF, call 0951-300-9086 or e-mail [kravmagaisrael@yahoo.com](mailto:kravmagaisrael@yahoo.com).

#### Bowling Lanes

The Birchview Lanes Bowling Center is located in Building 7690. For more information, updates and events, visit the Family and MWR website <http://www.bamberg.army.mil/directorates/dfmwr/bc.asp> or call 0951-300-7722.

#### Golf Gift

Find the perfect Christmas gift for all golfers at U.S. Army Garrison Bamberg's Golf Pro Shop. Pre-packed grab bags with various certificates, putters, shirts and much more are available. Prices range from \$30 - 60. The pro shop is open Tuesday-Sunday from 9 a.m. - 7 p.m. It is closed on Mondays. For more information, call 0951-300-8953.

### Continuing Education

#### Student Aid

Learn what resources are available to help fund your higher education. Visit <http://studentaid.ed.gov/PORTALSWebApp/students/english/index.jsp> for more information.

#### College Registration

Central Texas College Europe Term III registration begins Jan. 3 and continues through the first day of class. Term III starts Jan. 17 and ends March 11. Courses being offered this term include: Automotive Electrical Systems on Monday, Wednesday and Thursday from 5:30-9:30 p.m.; Educating Young Children on Mondays and Wednesdays from 6-8 p.m.; Legal Aspects of Law Enforcement on Tuesdays and Thursdays from 6-9 p.m.; Emergency Medical Technician - Basic Certification Course on Monday, Wednesday and Thursday from 6-9:45 p.m.; and Computers in Hospitality on Tuesdays and Thursdays from 6-9 p.m. For more information, call the Bamberg Field Representative at 0951-300-7467 or stop by the Education Center, Room 311.

#### University of Phoenix

The University of Phoenix is open Monday through Friday from 8:30 a.m. - 4:30 p.m. It is located at the Warner Barracks Army Education Center, Building 7047, Room 309. Your local University of Phoenix field representative can help you start your master's program. Online and on-site courses are available and degrees can be achieved in 15 - 24 months. For more information, call 0951-300-9280 or 0951-208-5350.

#### German 101

A free Introduction to German class is offered every Monday at noon at the library. Participants will learn some German words and phrases. For more information, call 0951-300-1740.

#### Federal Aid

Students are encouraged to explore the many financial aid opportunities available while enrolled in UMUC Europe, including grants, low-interest loans and monthly payment plans. The 2010-2011 Free Application for Federal Student Aid application is now available for students to begin applying for 2010-2011 federal financial aid. Grants may be used along with Veterans Affairs benefits, scholarships, military Tuition Assistance and military spouse tuition assistance. For more information on registration, financial aid and services, contact a local UMUC Europe field representative, call 314-370-6762 or 06221-3780, or visit [www.ed.umuc.edu](http://www.ed.umuc.edu).

### Youth and Teens

#### Cub Scouts

There is a Cub Scout Pack here in Bamberg with four active dens: Tiger Cubs (1st grade), Wolves (2nd grade), Bears (3rd grade), Webelos (4th and 5th grade). There are three meetings per month. There are one-hour activities to accomplish steps toward rank advancements. Pack meetings are once a month (Camp Out, Pinewood Derby, Bowlarama, etc.) Volunteers are needed to assist with den meetings and committee planning. Come and join in the fun of Cub Scouts. For more information about Cub Scouts, call 0162-234-0906 or e-mail [michael.mouritsen@eur.army.mil](mailto:michael.mouritsen@eur.army.mil).

#### Youth Lessons

Child, Youth and School Services SKIES Unlimited is offering lessons for tennis, racquetball and dance for youth ages 7-18. For more information, e-mail [Archie.Johnson1@eur.army.mil](mailto:Archie.Johnson1@eur.army.mil) or call 0951-300-7452.

#### Aqua Barons

Meet new people and become a part of the Aqua Barons team. Get into shape and stay in shape by swimming. Earn awesome rewards like trophies, medals, ribbons and even a varsity letter. Travel around Europe for swim meets to

places like Italy, Spain, Belgium, England and many more. For more information about the team, e-mail [bambergaquabarons@yahoo.com](mailto:bambergaquabarons@yahoo.com).

#### Ballet Class

Registration is open for Child, Youth and School Services SKIES Unlimited ballet classes. The program is for ages 3-8. Classes are on Thursdays from 2 - 4:30 p.m. in Building 7669. Check the class brochure for specific times and holidays, e-mail [Archie.Johnson1@eur.army.mil](mailto:Archie.Johnson1@eur.army.mil) or call 0951-300-7452.

#### Volunteers Needed

The Bamberg Middle High School is seeking volunteers for tutoring students in any subject at the middle and/or high school level. If you would like to help out, call Betty Bullard at 0951-300-8874 or e-mail [Betty.bullard@eu.dodea.edu](mailto:Betty.bullard@eu.dodea.edu).

#### Teen Stress

The National Military Family Association created a kit to give the people in military teens' lives a way to help them manage stress and affirm the positive aspects of military life. To obtain a copy of the tool kit and learn more, visit <https://www.mymilitarysource.com/News/2010/07/OperationPurple>.

### Closures / Changes

#### Post Shuttle

The post shuttle will not be available Dec. 24 - 26 and Dec. 31 - Jan. 1. For more information, call 0951-300-8606.

#### Vehicle Registration

The Vehicle Registration Office will be closed for German and American holidays on Dec. 24 and 31, and Jan. 6 and 17. For more information, call 0951-300-7580.

#### AAFES Hours

The Army Air Force Exchange Service will be closed Dec. 25 for Christmas and open from 10 a.m. - 5 p.m. on Dec. 24 and Jan. 1. AAFES will also be open from 10 a.m. - 6 p.m. Dec. 26 and 31. For more information, call 0951-32562.

#### Ed Center

The Education Center will be closed for the holidays Dec. 24 and 31. For more information, call 0951-300-7715.

#### Ray's Diner

The hours of operation for Ray's Diner dinner meals are from 5-6:30 p.m.



USAG Bamberg  
CYS Services

U.S. Army  
MWR

Want to get hired?  
**HIRED!**

**HIRED!**  
**Spring Term**  
Feb. 28 - May 27

Explore possible careers, learn how to write your resume and gain valuable job experience! The HIRED! Job preparation program is open to ages 13-18

Contact HIRED! at (0951) 300 8345

**MWR Holiday Hours**

Visit [www.flickr.com/photos/bambergmwr/5222642707/](http://www.flickr.com/photos/bambergmwr/5222642707/) for Family and Morale, Welfare and Recreation hours during the holiday season.

**Vehicle Inspection**

The Customer Service Team Bamberg on Warner Barracks for vehicle inspection, located in Building 7102, will be closed Dec. 24 and 31 for Christmas Eve and New Years Eve according to the Garrison Agreement. For more information, call 0951-300-8892.

**Passport Office**

The Passport Office will be open for walk-ins from 8 a.m. - noon and appointments from 1 - 3 p.m. Monday through Wednesday during the week of Dec. 20 - 24. The office will be closed Thursday and Friday.

**Relocation of Bus Stop at Shopping Center**

The bus stop on 6th Street behind Building 7089 will be relocated soon onto Jefferson Ave at the entry to the walking zone of Commissary and PX. During the construction period, Nov. 8 - Jan. 16, 2011, the curved driveway area next to the former post office location will be narrowed in order to adjust the road curbing and establish the new bus stop area. The priority lane will be the one coming from 6th Street onto Jefferson Ave. On week-ends, the construction barriers will be moved closer to the curb to allow two-way traffic. Upon completion of all the preparation work, the bus stop will move to its new location which might cause a one to two day hindrance.

**Commissary Holiday Hours**

The Bamberg Commissary will alter its hours for the holidays. The commissary will have the following hours: Friday, Dec. 24 from 8 a.m. to 4 p.m.; Dec. 25-26, closed; Monday, Dec. 27 from 8 a.m. to 7 p.m.; and Saturday, Jan. 1, closed. Beginning Sunday, Jan. 2, the commissary will resume regular hours.

**Airport Shuttle**

The Frankfurt Shuttle Bus has modified hours. The shuttle departs from the Bamberg Army Community Service building Monday-Friday at 6:20 a.m. and arrives at the airport at 10 a.m. The first return shuttle departs from the airport at 11 a.m. and arrives in Bamberg at 3:15 p.m. The second shuttle departs from the airport at 2:50 p.m. and arrives in Bamberg at 6:30 p.m. The



**Bamberg Performing Arts Club**

Will have the following classes at the Elementary School Multipurpose Room

**Class Schedule**

**Monday**

4 - 4:55 p.m. Third Grade & Up (Beginners)

5 - 6 p.m. Adult Thai Chi & Ballet

**Tuesday**

3:30 - 4 p.m. Four Year Olds

4 - 4:45 p.m. Kindergarten

4:45 - 5:45 p.m. Intermediate & Advanced

5:45 - 6:15 p.m. Pointe

**Thursday**

3:30 - 4:15 p.m. First & Second Grade

4:45 - 5:45 p.m. Intermediate & Advanced

5:45 - 6:15 p.m. Pointe

**Class Fees:**

Once a week 30 minutes or longer: \$35 per month

\$30 per month for each additional child

Twice a week for 60 minutes or longer: \$60 per month

\$55 per month for each additional child

Registration Fee: \$15 per child, per year

For more information, call Melanie Strate 0951-297-2336 or Gigi Miller 0160-264-4153

drop-off point is at the ACS building. The shuttle is not available on American and training holidays.

**Finance Hours**

The Bamberg Finance Customer Support Team has extended our hours of operation to better serve the community. The new hours are Monday - Friday 8:30 a.m. - 4 p.m. The office is closed for lunch from noon - 1 p.m.

**Dental Clinic**

Preparing Soldiers for deployment and reintegration is the primary focus of the Bamberg Dental Clinic until early 2011. These priorities result in diminished access to space-available dental care for family members greater than 18 years of age. Care for children up to and including age 18 and access to orthodontic care should be minimally affected. All beneficiaries will continue to be able to access sick call for treatment of dental emergencies. Family members can receive care from TRICARE's preferred providers. Call TRICARE Dental Program customer service in the U.S. toll free from Germany between 8 p.m. Sunday and 8 p.m. Friday Eastern Standard Time; first dial 0800 -225-5288; after the AT&T prompt dial 1-888-418-

0466. Or, contact the TRICARE Area Eurasia-Africa Dental Office at 0630-267-6358.

**Entertainment and Leisure****Musical Auditions**

Bamberg's Stable Theater is calling for auditions for its upcoming spring production, "Chicago the Musical." Auditions will be Jan. 12 and 13 at 6:30 p.m. Prepare a short song for your audition and wear comfortable clothes for dancing. The show is scheduled to run early- to mid-March. For more information, call the Stable Theater at 0951-300-8647 or visit their Facebook page Stable Theater - USAG Bamberg.

**Comedy Play**

Don't miss "Five Women Wearing the Same Dress," presented by the Fraenkische Schweiz Gymnasium theater group (Ebermannstadt) on Jan. 21 at 7:30 p.m. at Bamberg's Stable Theater. Tickets are \$7 for adults and \$5 for students and ranks E4 and below. Call to reserve your seat at 0951-300-8647.

**Poker Tournament**

Join Bamberg's upcoming Poker Tournament Jan. 22 at noon at Birchview Lanes Bowling Center. The top 10 winners get a chance for great prizes. Prizes include a poker bracelet and an exclusive Royal Flush Poker Set, Nintendo Wii Black Edition, iPod and more. There's limited seating for up to 80 players, so reserve your seat early. Sign up is \$20. For more information or to sign up, e-mail [Phillip.ray.brown@us.army.mil](mailto:Phillip.ray.brown@us.army.mil) or call 0951-300-7722.

**Super Bowl Party**

Come root for your favorite team in the Super Bowl at the Super Bowl XLV Party on Feb. 6 at the Community Activity Center. For more information, call 0951-300-8659.

**Outreach KONTAKT Club Events**

The Outreach KONTAKT Club is an Army in Europe program designed to promote German and American friendship overseas. For more information, contact the German president Klaus Kirchhof by phone at 0951-24378 or by e-mail at [b.k.kirchhof@web.de](mailto:b.k.kirchhof@web.de) or contact the American project officer Capt. Carlos Rivera by phone at 0951-300-1610 or send an e-mail to [Carlos.rivera2@eur.army.mil](mailto:Carlos.rivera2@eur.army.mil).

(CFC continued from page 1)

had hit and exceeded its target amount and as of Dec. 21, USAG Bamberg had raised \$98,670 in contributions. Community members beat out last year's donations by nearly \$2,000.

National charities weren't the only ones to benefit from the CFC-O. The Family Support and Youth Programs initiative funds important organizations on military installations overseas to include child care, recreation and emergency assistance as well as helping to reduce the cost of some post services.

Even though deployed during last year's CFC-O, units from the 173rd Airborne Brigade Combat Team contributed some of the largest donations for a group. This year, battalions from the brigade came in first, second and seventh for contribu-

**Top Seven Contributors**

4-319th AFAR, 173rd ABCT	\$14,019
HHC BSB, 173rd ABCT	\$8,284
42nd C-Co., 54th En. Bn., V Corps	\$6,526
317th Maint. Co., 391st CSSB, 16th SB	\$6,503
B-Co, 16th STB, 16th SB	\$5,808
DoDDs	\$5,530
A-Co BSB, 173rd ABCT	\$5,371

Field Artillery Regiment, 173rd ABCT; Headquarters and Headquarters Company, Brigade Support Battalion, 173rd ABCT; 42nd C-Company, 54th Engineer Battalion; 317th Maintenance Company, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade; B-Company, 16th Special Troops Battalion, 16th SB; Department of Defense Dependents Schools and A-Company, BSB, 173rd ABCT.

In a press release issued by the U.S. Army Dec. 7, the CFC-O, originally scheduled to run through early December, was extended through Dec. 15. The release stated that, "since 4 October, personnel in the five combatant commands pledged more than \$10 million through the Combined Federal Campaign-Overseas...The CFC-O, managed by Global Impact, is one of the most successful charitable workplace giving cam-

paigns in the world."

The top seven contributing units and organizations, with donations of more than \$5,000, in descending order, were: 4-319th Airborne

Though more than \$10 million was raised by early December, the 2009 total of more than \$15 million was not quite met.



# Bamberg Movie Schedule

AAFES Reeltime Theater is CLOSED Tue. and Wed.

Thur.	Dec. 23	Case 39 (R)	7 p.m.
Fri.	Dec. 24	The Chronicles of Narnia: The Voyage of the Dawn Treader (PG)(1st Run)	7 p.m.
Sat.	Dec. 25	**Closed for Christmas**	
Sun.	Dec. 26	The Chronicles of Narnia: The Voyage of the Dawn Treader (PG)(1st Run)	3 p.m.
		Life As We Know It (PG-13)	7 p.m.
Mon.	Dec. 27	The Chronicles of Narnia: The Voyage of the Dawn Treader (PG)(1st Run)	7 p.m.
Thur.	Dec. 30	The Social Network (PG-13)	7 p.m.
Fri.	Dec. 31	How do you Know (PG-13)(1st Run)	7 p.m.
Sat.	Jan. 1	**Closed for New Year**	
Sun.	Jan. 2	Hereafter (PG-13)	3 p.m.
		Tron: Legacy (PG-13)(1st Run)	7 p.m.
Mon.	Jan. 3	How do you Know (PG-13)(1st Run)	7 p.m.
Thur.	Jan. 6	Tron: Legacy (PG-13)(1st Run)	7 p.m.
Fri.	Jan. 7	Red (PG-13)	7 p.m.
Sat.	Jan. 8	Gulliver's Travels (PG)(1st Run)	3 p.m.
		Little Fockers (PG-13)(1st Run)	7 p.m.
Sun.	Jan. 9	Gulliver's Travels (PG)(1st Run)	3 p.m.
		Paranormal Activity 2 (R)	7 p.m.
Mon.	Jan. 10	Little Fockers (PG-13)(1st Run)	7 p.m.
Thur.	Jan. 13	Skyline (PG-13)	7 p.m.
Fri.	Jan. 14	Saw 3D (R)	7 p.m.
Sat.	Jan. 15	Morning Glory (PG-13)	3 p.m.

## Exchange revving up the rewards for safe bikers

DALLAS – According to the National Highway Traffic Safety Administration, 80 percent of reported motorcycle crashes result in injury or death, compared to just 20 percent for automobiles.

Because of this increased danger, the Exchange is supporting the military's mission to reduce motorcycle-related injuries and deaths among service members by offering a one-time, 20 percent discount off of one Personal Protection Equipment item to cyclists that successfully complete their locally required motorcycle safety riding course.

"Through this initiative, the Exchange is playing a large role in ensuring the safety and well-being of service men and women," said the Exchange's Senior Enlisted Advisor Chief Jeffry Helm. "Since the PPE program has rolled out, military cyclists have been better equipped to meet the local riding requirements."

The Exchange PPE program was first tested at Ft. Hood, Ft. Campbell and Eglin AFB in the spring of 2009. The test was so successful that the program was expanded throughout the United States, Pacific and Europe in 2010.

The Exchange now sells motorcycle PPE, to include helmets, gloves, protective eyewear and body armor, in 136 facilities worldwide as well as online at [www.shopmyexchange.com](http://www.shopmyexchange.com). Products sold through this program meet the highest safety standards to include all military specs and European and Pacific testing standards.



(HEALTH continued from page 4)  
continue to develop in a positive way.

"I find child cases so rewarding because I can play such a hand in not only finding out what's going on, but also assisting in the intervention," Dieter said. "Intervention is so important because the earlier and more comprehensively you intervene the better the prognosis is because the brain is still growing."

For many parents, putting a name to what their child is going through is a huge, albeit sometimes rocky, step forward.

"Often they're relieved to finally know what is going on," Dieter said. "However, they

may also be frightened or even angry. A very important part of my job is to help them process their feelings, helping them understand the child's condition and instilling hope while still being realistic."

Occasionally, parents also want to know if they should take their child back to the United States for treatment, but Dieter said this is usually unnecessary.

"By and far the services that are here at the school and the clinics in the area are as good or better than what they would get in the states," he said.

The commander of the Vilseck Health Clinic, Col. Glenda Lock, tends to agree.

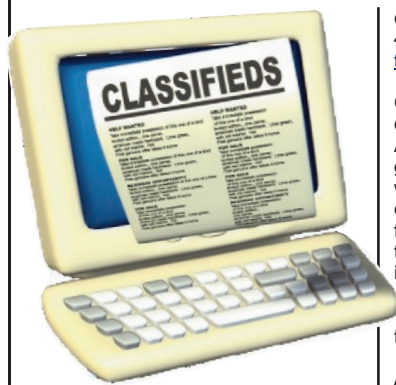
"The support we receive from the schools and our clinicians here in Europe is excellent," she said. "And there's only one Dr. Dieter. He's a huge asset to our team and continues to consult on many cases in addition to his responsibilities in mTBI."

Overall, Dieter is very happy with the progress he's made in the past two years and he plans to continue supporting military families in Europe as long as he can.

"If my wife and I had it our way, we would stay here forever," Dieter said.

For more information on the Bamberg Behavioral Health Clinic, call 0951-300-7793. To learn more about Bamberg's mTBI Clinic, call 0951-300-7984.

**Get winter weather updates: AFN 98.9 FM, AFN Bavaria Facebook and the USAREUR website**



Please call us and tell us when you sell your item so we can remove the advertisement.

Thank you.

## EMPLOYMENT

MEDPROTECT, a wholly owned subsidiary of SAIC is currently seeking a qualified Global TRICARE Service Center Beneficiary Service Representative for their Bamberg location. Specific responsibilities include processing registration of TRICARE beneficiary within the Composite Health Care System, maintenance of electronic system/paper files and data integrity, verifying eligibility information for remote beneficiaries and providing phone coverage and assistance for walk-in enrollment traffic within the TRICARE Service Center, to name a few. Required education skills include a high school education or GED although a degree is preferred; desired skills include three years cumulative experience in the following areas: two years experience in U.S. military health care delivery system or civilian managed care medical/administrative environment; two years experience in a medical or clinical environment; one year experience with the CHCS or other Civilian Health care Computer System and in processing medical claims. Candidates will need to submit resumes online at [www.saic.com](http://www.saic.com). To contact the position recruiter e-mail [leo.j.faneuf.iv@saic.com](mailto:leo.j.faneuf.iv@saic.com). (12/21/10)

Vendor/stocker position available for night stocking in the Bamberg Commissary. For more information, call Customer Service at 0951-300-7650. (12/8/10)

Daily pet sitting services required for one female French Bulldog. Monday through Friday and possibly occasional weekends when out of town. She is house trained and very good with children/dogs, a true joy to have around. If interested, please

contact 1st Lt. Troy Shoemaker at 0151-405-21294 or e-mail at [troy.shoemaker@us.army.mil](mailto:troy.shoemaker@us.army.mil).

Central Texas College is looking for qualified criminal justice instructors. Applicants should have a two-year degree from a regionally accredited school with a minimum five years of work experience in the field or a four-year degree from a regionally accredited school with three years of work related experience. If interested, contact the Bamberg representative at 0951-300-7467, e-mail [bamberg@europa.ctcd.edu](mailto:bamberg@europa.ctcd.edu) or stop by the Education Center. (7/19/10)

AAFES Bamberg is accepting applications for entry-level retail and food service positions. Join our team, log on to [www.aafes.com](http://www.aafes.com) today and be part of our new workforce of tomorrow. For more information, call the Human Resources Office at 0951-303159.

There is an immediate opening for a full-time Wellness Counselor at the Bamberg Women, Infants, and Children Office. This position requires a Registered Dietitian or a Bachelor of Science degree in nutrition, dietetics, nursing, or Registered Nurse with Associate of Arts degree or home economics with an emphasis in nutrition. Job requirements include computer experience, knowledge of maternal and infant nutrition as well as proven counseling skills. Must have a current driver's license. Travel may be required. Interested persons can send resumes to [Jenny.Dietrich@eur.army.mil](mailto:Jenny.Dietrich@eur.army.mil) or 09721-96-8986/6791. (7/19/10)

## AUTOMOBILES

For Sale: Green 1997 Geo Prizm. 156k miles, all season tires, auto trans, just passed inspection, reliable second car. Asking \$900 OBO. For more information, call Dan at 0152-266-90950 or e-mail [djtd23@gmail.com](mailto:djtd23@gmail.com). (12/22/10)

For Sale: Toyota RAV4, 2003. Asking \$9,000. Toyota RAV4 is a four-cylinder, gold, leather seats, 78,000 miles, regular maintenance, no accidents. E-mail [dinle76@hotmail.com](mailto:dinle76@hotmail.com) for photos and more information. (12/11/10)

For Sale: Red 2002 Dodge Stratus R/T, \$6,000, 4-door, 2.7 liter, V6 automatic transmission, leather seats, 4 disc CD changer, auto-start, alarm, A/C, power seat, rear spoiler, all season tires, alloy 17" rims, new brakes, rotors, and battery, single owner. Call Liz at 0170-907-9377 for info. (10/25/10)

For Sale: 2008 Toyota Tacoma, Pre-Runner SR-5, VR 6 (236 HP). Less than

15.5K miles. Auto Transmission, Class III hitch, oil cooler, limited slip differential, access cab, upgraded interior (CD, etc), two-wheel drive. Asking \$20,500. For more information, call 0951-300-8901 or 0954-998-8078, or e-mail [gib-bonstr@hotmail.com](mailto:gib-bonstr@hotmail.com).

For Sale: For Sale: 2007 Harley Davidson Night Rod Special (US Spec). Gloss black, 9,500 miles, excellent condition (garage kept), new tires, new battery, two sets of mirrors, cover included for \$13,000 OBO. For more information or pictures, e-mail [abraham.goepfert@yahoo.com](mailto:abraham.goepfert@yahoo.com) or [krid-dy43@hotmail.com](mailto:krid-dy43@hotmail.com). (10/6/10)

## FOR SALE

The Bamberg Girl Scouts' is accepting donations for a garage sale to be held at a later date. E-mail questions to [chritypreston@yahoo.com](mailto:chritypreston@yahoo.com).

Weight Bench \$75; Curl Bar \$20; 2 Long Bars \$15 each; 2 Dumbbell Bars \$10 for the set. 4x10 lb plates, 2x5 kg plates, 10x5 lb plates, 4x10 lb plates, 2x10 kg plates, 2x25 lb plates, 2x3 lb plates. All weights are 40 cents per pound and the complete set price can be negotiable. Leg Extender \$50; Computer Desk \$30. Call 0951-300-7044. (11/8/10)

For Sale. 240 V Treadmill is in good condition for \$70. Four 240 V pedestal fans are \$15 each. Classic Nordic Track is in good condition \$100. Please call Dave at 0162-271-1182. (12/14/10)

## MISCELLANEOUS

Free to good home. A rabbit with cage and everything that goes with it. If interested, call Steve at 0951-208-5148.

Anyone having any claims on or obligations to the estate of Sgt. Raymond C. Alcaraz of the 173rd Brigade Support Battalion, should contact the summary court officer, 1st Lt. Rachel Larson, at 0951-300-9118 or e-mail [Rachel.larson@eur.army.mil](mailto:Rachel.larson@eur.army.mil). (9/15/10)

Anyone having any claims on or obligations to the estate of Pfc. James A. Page should contact the summary court martial officer, Chief Warrant Officer Ling F. Chen, at 0951-300-7756. (9/15/10)

Anyone having any claims on or obligations to the estate of Pfc. Matthew E. George should contact the summary court martial officer, 1st Lt. Homar M. Marval, at 0172-445-7909 or e-mail [homar.marval@eur.army.mil](mailto:homar.marval@eur.army.mil). (9/15/10)

## REGISTER FOR FAMILY AND MWR PROGRAMS ONLINE



SIGN UP FOR YOUR FAVORITE PROGRAMS THROUGH WEBTRAC TECHNOLOGY

Child, Youth and School Services • Information, Tickets and Reservations • SOES • Concert tickets • Outdoor Recreation rentals • Trips • Aerobic and Aquatic classes • and many more!

Contact your local Family and MWR office to find out which services are now available for online registration or visit [www.bamberg.army.mil](http://www.bamberg.army.mil) and select your online registration service from what is available.



The Bamberg Hospitality House supports the ministry of the Warner Barracks Chapel by offering additional opportunities for discipleship, Bible study, fellowship (that includes food, often!), weekend activities, etc. Join us Friday nights for 6:30 p.m. dinner and Bible study at our home (Sonnenstrasse 7; 96175 Pettstadt; e-mail [www.cadence.org/huisen](mailto:www.cadence.org/huisen) or call 09502-8037). Join us on Sundays at the 11 a.m. for the Protestant service (post chapel).

PCSing? Can't find a new home for your dog? Please don't abandon him/her, call us first. No questions asked. We are a privately funded non-profit dog rescue. Will give your dog solace and placement with a new, loving family. Located in Bamberg and open from 10 a.m.-10 p.m. Call 0954-532-2881 or e-mail [solacedogrescue@yahoo.com](mailto:solacedogrescue@yahoo.com). (8/23/10)

## AD SUBMISSIONS

When submitting a classified ad for publication, include your name, address and telephone number. We will not advertise commercial services. Classified ads will be erased after an appropriate publication length. If you have something you want to advertise in the classified section, please e-mail your submission to the Public Affairs Office at [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil). We will ONLY accept classified ads by e-mail. We will not accept advertisements by phone or hand-written. These classified ads are a free service to you and in order for us to provide them, they must be in a cut-and-paste text only format. We hope this service is something you will utilize. For more information, call 0951-300-1600.

## Trips and Travel Opportunities

Take a trip with Bamberg Outdoor Recreation in January-February

Registration for trips begins the 15th of the month before the scheduled trip and must be made no later than the Monday before the scheduled leave date or they may be cancelled. To sign up or for more information, go to Outdoor Recreation, Building 7116 or call 0951-300-9376/7955. All trips depart and arrive from ODR unless otherwise noted. No refund will be given for no-shows. Military duty restraint or illness will be refunded with documentation. For more trips, visit <http://www.bamberg.army.mil/directories/dfmwr/odr.asp>.



**Jan. 22 Wine Tasting \$30**  
Tease your taste buds as you sample different wines at Schloss Buttenheim. Learn the differences between a Merlot and Silvaner, among others. Wine, olive oil, and other gourmet items can be purchased, so be sure to bring your VAT forms. Trip departs ODR at 1 p.m. and returns about 4:30 p.m.

**Feb. 5 Learn to Snowboard \$50**  
Try one of the hottest sports around on a day trip with ODR to a local slope to learn the basics. Trip includes transportation, lift pass, rental and approxi-

mately two and a half hours of lessons. Departs from ODR at 9 a.m. and returns at approximately 5 p.m.

**Feb. 8 Bad Staffelstein \$30**  
Relish the natural salt water as you warm your body in the steam baths, pools, or hot tubs. Allow the natural minerals of the water to enhance the beauty of your skin, while relaxing in the invigorating atmosphere. Trip includes transportation and entrance fees. Departs from ODR at 5:30 p.m. and returns at approximately 8:30 p.m.

**Feb. 10 Tour Under Bamberg \$20**  
This unique trip through the tunnels under Bamberg gives you a view of the city that shouldn't be missed. The tunnels are generally cool and damp, so please wear appropriate clothing and bring a flashlight. Trip departs from ODR at 5 p.m. and returns at approximately 7:30 p.m.

**Feb. 12 Learn to Ski \$50**  
Glide down the slopes and learn the basics of skiing with us! Trip includes transportation, lift pass, rental and approximately two and a half hours of lessons. Departs from ODR at 9 a.m. and returns at approximately 5 p.m.



## Outside the Gate

### Weekend events in and around Bamberg Dec. 24 - Jan. 2

Jan. 6 is a holiday in some parts of Germany including Bavaria

#### Friday, Dec. 24

- 11 p.m. Christmas mass; Protestant service with St. Stephan's choir performing music by Telemann and Bach; St. Stephanskirche (church), Stephansplatz 5, 96049 Bamberg
- 11 p.m. Scharzweiss Musik, Minimal, Techno, Tech House; Morph Club, Luitpoldstrasse 17, 96052 Bamberg, [info@morphclub.org](mailto:info@morphclub.org)

#### Saturday, Dec. 25

- 8 p.m. X-Mas Punk - Die Fachärzte, Lost Ideals & Special, Punk rock; Live-Club, Obere Sandstrasse 7, 96049 Bamberg, 0951-53304, [info@live-club.de](mailto:info@live-club.de), [www.live-club.de](http://www.live-club.de)
- 10 p.m. Greenclub X-Mas-Special, Rap, Funk, Deutsch-Rap; Morph Club, Luitpoldstrasse 17, 96052 Bamberg, [info@morphclub.org](mailto:info@morphclub.org)

#### Sunday, Dec. 26

- 10 a.m. Musical mass; music by J.S. Bach; St. Stephanskirche (church), Stephansplatz 5, 96049 Bamberg
- 4 p.m. Christmas songs in various European languages; Dec. 26 - German; Dec. 27 - English; Dec. 28 - French; Dec. 29 - Italian; Dec. 30 - Czech; Studio 13, Luitpoldstrasse 40, 96052 Bamberg, 0951-208-6303; donations appreciated
- 8 p.m. 16th Guitar Fight Night, Come To The Crossroads; Live Club, Obere Sandstrasse 7, 96049 Bamberg, 0951-53304, [info@live-club.de](mailto:info@live-club.de), [www.live-club.de](http://www.live-club.de)
- 10 p.m. Deep!, House, Detroit-Tec, Deepe Grooves; Morph Club, Luitpoldstrasse 17, 96052 Bamberg, [info@morphclub.org](mailto:info@morphclub.org)

#### Friday, Dec. 31

- 7 a.m. Silvester hike in Weitramsdorf-Weidach; 5K and 10K; starts at school's gym Weidach; cost is €1.50 for IVV stamp, €3.80 for stamp and plate; for more information contact Joachim Thomas, 0956-7425
- 2 p.m. Silvesterlauf (end of year run); end-of-year event for walkers and Nordic walkers; parking lot Johannishof, Parkplatz Johannishof, 96103 Hallstadt
- 7:30 p.m. Silvester in Leimershof; fireworks display, Helmut's Hof schänke, Gut Leimershof, Gut Leimershof, 96149 Breitengüßbach, for tickets call 09547-5457; [www.gutleimershof.de](http://www.gutleimershof.de)
- 9 p.m. Silvesterparty at Haas Säle; Live-Club / Haas Säle, Sandstrasse 7, 96049 Bamberg, [www.live-club.de](http://www.live-club.de)
- 9 p.m. Silvesterrock; Live-Club, Obere Sandstrasse 7, 96049 Bamberg, 0951-53304, [info@live-club.de](mailto:info@live-club.de), [www.live-club.de](http://www.live-club.de); admission also covers party at Haas Säle
- 10 p.m. Classical organ concert; music by J. S. Bach, Leon Boellmann and Nicolas Clerambeault, St. Stephanskirche (church),

Stephansplatz 5, 96049 Bamberg, 0951-5193235; free admission, donations welcome

10 p.m. Silvesterparty; dance party; Atelier Q-nst, Untere Sandstrasse 14 (entrance also through Leinritt), 96049 Bamberg, 0951-519-5851, [www.Q-nst.de](http://www.Q-nst.de); free admission

#### Saturday, Jan. 1

5 p.m. Traditional New Year's concert; classical concert with music by Mozart, Beethoven, Gluck, Strauss, Chopin, Offenbach, Gounod; Konzert- und Kongresshalle - Joseph-Keilberth-Saal, Müssstrasse 1, 96047 Bamberg, [info@konzerthalle-bamberg.de](mailto:info@konzerthalle-bamberg.de); for tickets call 0951-980-8220 or visit [www.bvd-ticket.de](http://www.bvd-ticket.de)

#### Sunday, Jan. 2

10 a.m. Historical toy exhibition; various types of toys from the past hundred years; Vonderau Museum; Jesuitenplatz 2, 36037 Fulda; 0661-928350, [museum@fulda.de](mailto:museum@fulda.de), [www.museum-fulda.de](http://www.museum-fulda.de)

6 p.m. New Year's concert at castle Rabenstein; romantic classical opera and operetta with dinner afterwards; admission €18; 0920-297-00440; Burg Rabenstein, Rabenstein 33, 95491 Ahorntal; [www.burg-rabenstein.de](http://www.burg-rabenstein.de)

#### Special Events:

Exhibit: Reconstruction and Economic Miracle (Wiederaufbau und Wirtschaftswunder): the exhibit features the time right after World War II and the early 1960s in Franconia. Visitors learn how people experienced these turbulent times, economically and socially; open through Jan. 23, closed on Mondays and Dec. 24-25; Historisches Museum Bayreuth, Kirchplatz 4, Bayreuth, [historischesmuseum@bayreuth.de](mailto:historischesmuseum@bayreuth.de), [www.historischesmuseum-bayreuth.de](http://www.historischesmuseum-bayreuth.de)

Christmas Exhibit: There is an exhibition of various nativity sets (Bamberger Krippenweg) in Bamberg's churches and museums (now - Jan 6, 2011). For more information, visit [www.weihnachtsmarkt-bamberg.de](http://www.weihnachtsmarkt-bamberg.de)

Schuhtick (shoe spleen): Until Feb. 2011 spanning 40,000 years of shoe history, the exhibit tells about a career simply serving as protection to an ornament for feet; features VIP shoes (worn by Melanchthon, Marie Antoinette, Sisi, Audrey Hepburn, and Madonna) as well as offering the possibility to try out shoes; opens at 10 a.m. daily, closed Mondays; Landesmuseum Mainz, Grosse Bleiche 49-51, 55116 Mainz; 06131-28570, [landesmuseum-mainz@gdke.rlp.de](mailto:landesmuseum-mainz@gdke.rlp.de), [www.schuhtick-ausstellung.de](http://www.schuhtick-ausstellung.de) (in English)

Snow kiting: all you need is a snowboard and a kite to have fun; snow kiting on the Wasserkuppe dates back to 1920 when people put on their skis and used bed sheets as kites to pull them across the snowy slopes; you can take part in the modern version as a beginner or sign up for advanced classes on top of Hesse's highest mountain; Rhöner Drachen- und Gleitschirm-Flugschulen Wasserkuppe; Wasserkuppe 46, 36129 Gersfeld, 0665-47548, [info@snowkite.de](mailto:info@snowkite.de), [www.snowkite.de](http://www.snowkite.de)

### PTSD GROUP

When: Every Wednesday  
Time: 10 - 11:30 a.m.  
Location: Behavioral Health/ Social Work Services Building 7253

Post Traumatic Stress Disorder is NOT forever!!!!



Claim your life back!



For more information, call 0951-306-7793

Do you.....?

- Avoid activities?
- Have difficulty sleeping?
- Feel jumpy or startled easily?
- Have relationship problems?
- Have flashback or nightmares?
- Feel detached or disinterested?



## Eco-Friendly Tips for the Holidays



1. If you're having a party this festive season, try to serve organic food, champagnes and wines. Avoid disposable plates and cups. Ideally use public transport, or carpool.

2. Pick durable presents (items that last longer don't have to be disposed of as often). If you're looking for electronic devices as presents, try to get energy-efficient ones.

3. Save energy and resources by buying goods with a high recycled content. For children, try to buy toys out of wood from sustainable forest management (wood contains fixed CO2, and thus helps fight global warming).

4. If you're talented in the kitchen, how about making cakes, chocolate truffles or chutneys as Christmas presents, and avoid the seasonal shopping madness?



(*RESILIENCY continued from page 1*)

feel the effects of the increase in operational tempo, said Lt. Gen. Rick Lynch, commander of the Installation Management Command.

"Multiple deployments and too little dwell time have strained our relationships," said Lynch, in a Nov. 8 article. "We can see the stress manifest in rising rates of divorce, domestic violence, suicide and other destructive behaviors. We have to reverse the trends. We owe it to our Soldiers, civilians and family members to help them build the resiliency they need to cope with their challenges and come out stronger and better."

The Army established CSF, which was revamped from the "Battlemind" training program, last year to address these issues.

"The program is designed to enhance the resilience, readiness and potential of Soldiers, civilians and family members by building strength in every area of life: not just physical fitness, but also emotional, social, spiritual, and family," he said.

In a November memorandum, Lynch called on garrison commanders to expand the resiliency program beyond the Soldier and begin offering the training to spouses.

The MRT was developed based on about 20 years of research done by Karen Reivich, a professor at the University of Pennsylvania and co-director of the Penn Resiliency Project. It teaches participants to take control of their actions and thoughts, Holland said.

"It is about looking within rather than outward," she said. "Deployments can be stressful by themselves. Issues can be overwhelming. Checking in with yourself can help with communication both with the Soldier down-range and family at home," she said.

It is different from other community training programs such as the Army Family Team Building, Holland said.

"In the AFTB training, you learn military leadership," she said. "Resiliency training focuses

on you as a person. Once you become strong from within, you will become a stronger leader."

Holland, who received resiliency training back in the states in the summer, had doubts at first about the program.

"By the end of the session, you saw all these very astute people working through their issues," she said. "Whatever it is, it works. It is a powerful tool."

Locally, both U.S. Army Garrisons in Grafenwöhr and Schweinfurt have already begun offering resiliency training to spouses and civilians.

Angie Streets, the Schweinfurt ACS Master Resiliency Trainer, has offered several workshops to the community as well as to some recently redeployed Soldiers.

"We have had a tremendous response," said Streets, who plans on offering more workshops in January and had added some of the information to the ACS Family Readiness Group training class.

The training is about self-reflection and self-awareness by using common communication techniques, she said.

"It is not rocket science," she said. "It is about looking at yourself and identifying how you communicate. If you learn why you respond a certain way, you can better control your response."

The techniques are valuable tools not just for Soldiers, but for everyone.

"You can use these techniques with spouses, kids, and on the job," Streets said.

For more information on Comprehensive Soldier Fitness, visit <http://www.army.mil/csf/>.

For more information about the community resiliency training classes call ACS at 0951-300-7777.

(*SCHOLARSHIPS continued from page 4*)

Applicants must also submit an essay on the following topic that answers the question: "Our nation has a goal of improving health and wellness. What are your ideas and, more importantly, how do you propose to put these ideas into action in your local community?"

Applications must be turned in to a commissary by close of business Feb. 22. At least one scholarship will be awarded at every commissary with qualified applicants.

Scholarship awards will be based on funds available, but the scholarship program anticipates awards of at least \$1,500. If there are no eligible applicants from a particular commissary, the funds designated for that commissary will be awarded as an additional scholarship at another store.

Scholarship Managers, a national, non-profit, scholarship-management services organization, manages and awards these military scholarships. If you have any questions about the scholarship program application, call Scholarship Managers at 856-616-9311 or e-mail them at [military-scholar@scholarshipmanagers.com](mailto:military-scholar@scholarshipmanagers.com).

Commissary vendors, manufacturers, brokers, suppliers and the general public donate money to the program, and every dollar donated goes directly to funding the scholarships.



## AAFES<sup>+</sup> Corner Holiday Hours of Operation

	Dec. 24	Dec. 25	Dec. 26	Dec. 31	Jan. 1	Jan. 6
	10 a.m. - 5 p.m.	CLOSED	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.	10 a.m. - 5 p.m.	10 a.m. - 7 p.m.
	10 a.m. - 2 p.m.	CLOSED	CLOSED	10 a.m. - 2 p.m.	CLOSED	10 a.m. - 6 p.m.
Concessions	Regular - 3 p.m.	CLOSED	CLOSED	Regular - 5 p.m.	CLOSED	CLOSED

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## DECA Corner

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